

# Wellness Buddy



March 2015

## Special points of interest:

- Colon cancer is more likely to occur as people get older
- More than 90 percent of people with colon cancer are diagnosed after age 50
- A person who has already had colon cancer may develop colon cancer a second time

## March is National Colon Cancer Awareness Month

In February 2000, President Clinton officially dedicated March as National Colon Cancer Awareness Month.

Colorectal cancer is the second leading cause of cancer death in Florida among cancers that affect both men and women. No one knows the exact causes of colon cancer. But, this type of cancer is highly preventable through regular screenings, healthy eating, being active, limiting alcohol and quitting smoking.

Regular screening for

colorectal cancer should begin at age 50. Also, your risk for colorectal cancer may be higher than average if you or a close relative have had colorectal polyps or colorectal cancer, and people at high risk may need early or more frequent tests than others do. Talk to your doctor about which screening test is right for you.

Testing options and their recommended frequency include:

- A Fecal Immunochemical Test or

FIT (testing for blood in the stool (every year)

- A sigmoidoscopy every five years with FIT every three years
- A colonoscopy every 10 years

The Florida Department of Health encourages you to adopt and sustain healthy lifestyle behaviors, learn about your risk for colon cancer and act to reduce your risk.



*The Blue Star represents the eternal memory of those whose lives have been lost to the disease and the shining hope for a future free of colon cancer.*

## Tips for a Healthier Weight

### 1. Set a weight goal

A weight goal needs to be reasonable. If you want to lose weight, start with a goal of 5-10% of your current weight. For example, if you weigh 150 pounds, that would mean losing about 7-15 pounds. Make sure you talk to your health care provider, too.

### 2. Eat less — you

### decide how

Eat smaller portions. Try using smaller plates for dinner.

Watch your intake of sugary and high-fat desserts—they add a lot of extra calories and fats.

Limit foods high in solid fats, such as butter/stick margarine, regular cheese, fatty meats, and French fries

fried in oil.

Drink more water and fat-free or low-fat (1%) milk and less regular soda, sports drinks, energy drinks, and fruit drinks.

### 3. Keep track of what you are eating

Keep track of what you eat for 3 or more days (use <http://www.ChooseMyPlate.gov>

o/supertracker) to get an idea of how many calories you are eating and drinking each day.

### 4. Add activity! It burns calories

Avoid inactivity. Every bit counts, and doing something is better than nothing.

Start with a 10-minute chunk of physical activity a couple of days a week.

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### Providing support and guidance to make the “healthy choice the easy choice!”

**Mission:** "To protect, promote, & improve the health of all people in Florida through integrated state, county, & community efforts."

**Vision:** To be the Healthiest State in the Nation

**Values:** (ICARE)

**Innovation:** We search for creative solutions and manage resources wisely.

**Collaboration:** We use teamwork to achieve common goals & solve problems.

**Accountability:** We perform with integrity & respect.

**Responsiveness:** We achieve our mission by serving our customers & engaging our partners.

We're on the web!

[www.jacksonchd.org](http://www.jacksonchd.org)



# HealthiestWeight

## Playgroup Granola Bars [allrecipes.com](http://allrecipes.com)



Playgroup Granola Bars — Ready in 50 minutes

### INGREDIENTS:

- 2 cups rolled oats
- ¾ cup packed brown sugar
- ½ cup wheat germ
- ¾ teaspoon ground cinnamon
- 1 cup all-purpose flour
- ¾ cup raisins (optional)
- ¾ teaspoon salt
- ½ cup honey
- 1 egg, beaten
- ½ cup vegetable oil

2 teaspoons vanilla extract

### DIRECTIONS:

1. Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 9x13 inch baking pan.
2. In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt. Make a well in the center, and pour in the honey, egg, oil and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan.
3. Bake for 30 to 35 minutes in

the preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.

### NUTRITION INFORMATION

Servings Per Recipe: 24  
Calories: 161  
Amount Per Serving  
Total Fat: 5.5g  
Cholesterol: 9mg  
Sodium: 79mg  
Total Carbs: 26.6g  
Dietary Fiber: 1.4g  
Protein 2.4g